

- 5 Is that the kind of fast that I desire? Is that really a day for people
to "press down their egos"? To droop your heads like bulrushes
and lie around in sackcloth and ashes? Is that what you call a fast day,
the kind of day that God would wish? :
- 6 No! Isn't this is the kind of fast that I desire –
to unlock the hand-cuffs put on by wicked power! To untie the ropes of the yoke!
To let the oppressed go free, and break off every yoke! :
- 7 Share your bread with the hungry. Bring the poor, the outcasts, to your house.
When you see them naked, clothe them; They are your flesh and blood;
Don't hide yourself from them! :
- 8 Then your light will burst through like the dawn;
Then when you need healing it will spring up quickly;
Then your own righteousness will march ahead to guard you.
And a radiance from God will reach out behind to guard you :
- 9 Then, when you cry out, God will answer;
Then, when you call, God will say: "Here I am!"
If you banish the yoke from your midst,
If you rid yourself of scornful finger-pointing and words of contempt :
- 10 If you open up your life-experience to the hungry
And soothe the life that has been trampled under foot,

Then even in darkness your light will shine out

And your moments of gloom turn bright as noonday :

11 Then the Breath of Life will always be your guide,

Will soothe your own life in your own times of dryness

And strengthen your bones when they are weary.

Then you shall be like a garden given water,

Like a wellspring whose waters never fail :

12 Those who spring from you shall rebuild the ancient ruins

And you shall lay foundations for the coming generation.

You shall be called "Those who mend torn places,"

You shall be called "Those who build lanes to live in :

13 If you refrain from trampling Shabbat Renewal-time

And from being busy-busy on My holy day;

If you will not only call Renewal-time delightful

But also turn far from your usual way

And set aside your business and your chatter :

14 Then indeed you will find delight in YHWH.

And I will set you astride the heights of earth.

I will let you eat your fill from what is truly due you as the heirs of Jacob.

Now! For this word comes from the Mouth that Breathes all life.